WildPeacock

FINE FOOD MERCHANTS

SEAFOOD CATALOGUE

RED DRUM

Sciaenops ocellatus

Red drum is sea farmed in floating cages off the Island of Mauritius, in the South-Western Indian Ocean. The area is constantly swept by trade wind driven currents bringing pristine quality water, free from chemical pollutants (dioxin, PCB, organomercury and other heavy metals). Full traceability from farm to processing guarantees a premium quality product, with utmost care and innovative technology applied throughout the harvesting and processing cycle. Fish are farmed in strict compliance with organic fish farming principles, respecting the fish's life cycle and nutrition needs and offers full guarantees of non-use of antibiotics, growth boosters, land animal feeds or GMOs.

Red drum is low in fat and has firm, gelatinous textured flesh with white flakes and red bloodline. Suitable for raw consumption but lends itself to a variety of cooking methods.

Fish is best grilled, braised, fried, cooked in court-bouillon or steamed. Available all year round, between 1.2 and 2kg in size.

SEABASS

Dicentrarchus labrax

Seabass is sea farmed in floating cages off the Island of Mauritius, in the South-Western Indian Ocean. The area is constantly swept by trade wind driven currents bringing pristine quality water, free from chemical pollutants (dioxin, PCB, organomercury and other heavy metals). Full traceability from farm to processing guarantees a premium quality product, with utmost care and innovative technology applied throughout the harvesting and processing cycle. Fish are farmed in strict compliance with organic fish farming principles, respecting the fish's life cycle and nutrition needs and offers full guarantees of non-use of antibiotics, growth boosters, land animal feeds or GMOs.

Seabass is finely textured, lean flaky meat with a sweet mild flavour.

Fillets can be sautéed, poached, grilled, steamed, or used in seafood soups and chowders. Available all year round, in plate-size form 450g-550g.

GREEN - BEST CHOICE

DUSKY KOB/ KABELJOU

Argyrosomus japonicus

Mindfully reared in northern KwaZulu-Natal in recirculating earthen ponds. Nutrient-rich water flows directly from the coastal waters of Mtuzini and the Mlalazi estuary, through the fishery grow-out ponds, and back into to the estuary through an extensive system of biofilters. Brood stock are wild-caught or selected from the best and healthiest fish that have been bred in South Africa over the last decade, yielding the finest quality fish grown in an environment as close as possible to natural conditions. The fish are fed on a specially formulated high-protein diet, well supplemented by other delicacies that thrive in the ponds or flow in from the estuary. The farm ensures the highest standards of care of the fish and environment. The fish are naturally reared without genetic modification, growth hormones or routinely treated with antibiotics, and the farm offers full traceability on every fish from fry to customer.

Succulent, firm and gelatinous white flesh with large flakes, red bloodline and few bones. The flesh has a subtle delicate flavour which allows for versatility in the kitchen. Well suited for pan-frying, grilling or cooking whole. Available all year round, harvested size approximately 1.2-2.5kg.

NORWEGIAN/ ATLANTIC SALMON

Salmo salar

Farmed by the pioneers of salmon farming in Norway. Fish are grown in open-net cages anchored to the seafloor following highest international “best practice” standards. The farm offers full traceability on every fish raised throughout the entire production chain, from the onshore smolt facilities that produce fry, harvesting and processing, to the distribution of the final product. Low density stocking, premium veterinary care and specialised feed ensures the premium quality associated with the brand.

Flown in fresh, twice weekly. 6-7kgs, smaller on request.

GREEN - BEST CHOICE

RAINBOW /SALMON TROUT

Oncorhynchus mykiss

Farmed in the crystal-clear mountain streams at various locations around the Cape Winelands region, our trout is cultured through a variety of culture techniques – from raceways to Danish ponds and cages.

A tender-fleshed fish, with a pinky/orange hue. The flavour is sweet, almost nutty in some instances. Available fresh throughout the year, but production does declines during January and February. Fish spawn in June and July releasing colour. Available whole, between 1.0 and 1.2 kg.

GREEN - BEST CHOICE

OCEAN TROUT

Oncorhynchus mykiss

Rainbow Trout farmed in open sea cages in the rich waters of Saldanha Bay, nestled between mussel rafts and seaweed longlines to ensure optimum water quality and to mitigate against nutrient overload from fish feeding. Stocking densities, premium quality food, feed conversion ratios and farming best practices have been applied following the standard ASC criteria, with ASC accreditation in process. Fish are farmed with the highest standards of care of the fish and the environment and reared without genetic modification, growth hormones or antibiotics, and with full traceability on every fish from fry to customer.

Our local, sustainable alternative to imported Norwegian Salmon. Tender flesh, beautiful pink colour, rich flavour. Available fresh throughout the year, sizes range between 1kg and 1.5kg depending on the harvest, allowing for a good yield.

GREEN - BEST CHOICE

SMOKED SALMON TROUT

Our fresh Rainbow Trout, delicately smoked, finely sliced and interleaved and packaged in 80g or 500g packets. An elegant and pleasurable taste experience.

GREEN - BEST CHOICE

SALMON TROUT CAVIAR

Medium sized pearl, mandarin orange in colour. Sustainably and humanely harvested during spawning season from farmed rainbow trout. Subtle sweet and salty flavour with a nice ‘pop’ in the mouth. 120g Unit.

YELLOWFIN TUNA

Thunnus albacares

Wild caught in the waters of the Indian Ocean by freezer purse seiner ships, from sustainable and well managed fishery. The fishing operation subscribes to responsible fishing protocols which aims to minimise the impact on immature fish and associated species and respects protected areas that are affected by the fishing activity. Freeze onboard using - 40 °C technology preserves highest quality and taste. Fish are processed into loins at a state-of-the-art, Bureau Veritas accredited factory in Mauritius. Full traceability on the origin of all products is guaranteed.

Firm textured fish, with a meaty flavour. Tuna loins are ready to slice into steaks or cut into sushi/sashimi portions. Sushi grade loins are selected for premium texture, appearance, and flavour when served raw or seared and becomes firm and moist when cooked. They are prepared skinless, boneless and blood line removed.

TUNA DEFROSTING GUIDELINE

STEP 1: DEFROST
Prepare luke warm saline solution: approx. 30 °C with salinity ~ 35 gr/L (same as sea water)

STEP 2: THAW
Thaw fillet in warm water for 1 minute

STEP 3: STORAGE
1. Dry product with absorbent paper
2. Wrap product in absorbent paper and resting in fridge to absorb excess water and blood.
   Fridge + 2 - 4 °C
   Duration: 6 hours for steaks; 12 hours for loins, depending on product size

- Avoid high water temperature and long thawing time
- Direct exposure to the open air could affect product quality
- Always remove external product packaging prior to thawing

GREEN - BEST CHOICE

PACIFIC OYSTER

Crassostrea gigas

A widely cultured and delicious species native to Japan, our oysters are sustainably farmed using suspended or long-line culture. Oysters are hung in cages in the sheltered but rich waters of Saldanha Bay, where they feed around the clock on nutrients brought into the bay by up-welled oceanic water from the Benguela Large Marine Ecosystem – one of the most productive coastal environments in the world. Oyster 'seed' or 'spat' are bred under carefully controlled conditions, planted at sea in cages where they grow for approximately 1.5 years to maturity. Natural plankton gives Saldanha Bay Oysters a unique sweet taste and crisp firm texture.

Available all year, live, chilled, closed or opened "shucked" in a variety of sizes- Cocktail (40-49g), Medium (50-69g), Large (70-79g), XLarge (90-109g), Giant (110-129g).

GREEN - BEST CHOICE

WEST COAST/ MEDITERRANEAN MUSSEL

Mytilus Galloprovincialis

The Mediterranean mussel is naturally rope grown in the nutrient rich waters of Saldanha Bay. Mussels spawn in early summer and 'wild' spat naturally settle and attach to ropes suspended on floating rafts in the open water, where they grow undisturbed until they reach marketable size of between 50 and 70mm in length. Mussels feed by filtering plankton from nutrient rich, oceanic water upwelled by the Benguela Large Marine Ecosystem, producing plump, succulent flesh with good meat to shell ratio and sweet flavour. Mussel cultivation is both natural and sustainable. Mussels are tested weekly for harmful toxins and the farm adheres to all rules and regulations under the South African Molluscan Shellfish Monitoring and Control Program.

Available throughout the year, and best during the cold winter months when they are bigger and juicier. During the warmer months (Nov-Jan) sporadic spawning can occur, which can lead to smaller meat sizes. Flesh can be either white or creamy in colour (males) or bright orange (female).

Offered Live, chilled in 5kg netlon bag in master carton. Harvested daily for the fresh market with 3-4 days from date of harvest for use. Otherwise as IQF pre-cooked whole or on the half shell in 1 kg packs.

GREEN - BEST CHOICE

PATAGONIAN SQUID/ CALAMARI

Loligo patagonica

Wild caught in the pristine and cold waters of the Patagonia, Argentina. Frozen at sea to ensure premium quality, freshness and flavour.

The meat is firm and white with a mild, slightly sweet and almost nutty flavour. Offered in 1 kg pkt of ready-to-use cleaned tubes and tentacles or 10 kg uncleaned, whole.

US ATLANTIC SEA SCALLOP

Placopecten magellanicus

Wild-caught in the North Atlantic from Virginia to Northern Canada from sustainably managed fisheries. Harvested responsibly under the Marine Stewardship Council (Msc) deep water sea scallops are renowned for their sweet, delicate meat and generous size.

A sweet, mild to rich taste and firm texture, translucent ivory and elastic when raw.

Frozen meat (shucked), no roe, 10/20 in 1 kg bag.

IMPERIAL HERITAGE CAVIAR

EUROPEAN STURGEON & RUSSIAN STURGEON

Ascipenseridae

Environmentally sustainable Caviar from various prized Sturgeon species. Fish are bred and raised in open lakes, fed by natural mountainous streams and in an environment as close to the ideal as possible. Each stage of life of the fish, from the very beginning till maturity is closely supervised. Roe is harvested and processed according to traditional Russian techniques, ensuring premium quality and mouthfeel. Product is packaged immediately after the mild salting process or Malossol (Russian term for “little salt” – under 3.7 % salt).

The size, flavour and colour of the sturgeon eggs varies depending on whether they are “Beluga” or “Osetra” varieties. The eggs can be golden, black, brown, dark green or grey. They are classified according to their size, colour, firmness and flavour. The salting process determines the quality of the caviar, so the quantity of added salt is carefully monitored. Packed in traditional tins under vacuum.

Imperial Caviar produces sizeable grains with a delicate mild butter flavour, creamy, nutty and salty elegance that smoothly rolls over the tongue. Consistency expresses unmistakable freshness. It has a soft scent, and is rounded on the palate.

Available varieties- Oscietra Royal (white label) 30g unit; Beluga Royal (gold label) 50g unit.

Imperial Heritage Caviar complies with the provisions of the Convention on the International Trade in Endangered Species (CITES) and each product is given a CITES control seal and a CITES number before being released for dispatch

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